

ABSTRACT

A portable, self-heating thermal cushion for use in conjunction with a seating surface to provide a heated and thermally insulated seating region of sufficient size to extend underneath the buttocks of the user, the cushion being in the form of a composite laminated structure comprising a backsheet, a topsheet and an intermediate layer of a heat generating material, said intermediate layer being in thermal contact with the seating region of the cushion so as to provide a heating region generally coextensive with the seating region for warming the buttocks of the user.